

# Christchurch Transactional Analysis Training Programme

## TA101

### Transactional Analysis Introductory Course

<b>Date:</b>	Saturday and Sunday, <b>06-07 October 2018</b> 9am-12pm and 1pm-to 4pm Morning and afternoon tea provided. Bring your lunch or buy lunch (cafes within walking distance)
<b>Venue:</b>	147 Papanui Rd Merivale, Christchurch
<b>Fee:</b>	\$250.00
<b>Enrolment:</b>	by phone: 03 377-6118 (leave message) or by e-mail: <a href="mailto:vicky@vickyblake.co.nz">vicky@vickyblake.co.nz</a>

Transactional analysis is both a theory of human development and a practical psychological approach for working with people in a variety of fields. It can be used as a simple model for personal development and easily applied in the workplace, in the classroom, and in counselling situations. At an advanced level, it becomes a powerful modality of psychotherapy.

**The TA101 introductory course** conforms to the standards set by the International Transactional Analysis Association. It is an experiential workshop that looks at self-development, using the transactional analysis model, and it provides a series of tools for understanding and changing the way we think, feel, and behave. It includes lectures, exercises, and discussions that explore the various concepts.

**The TA101 is suitable** for trainees and practitioners in counselling, psychotherapy, and mental health, and persons in a supervisory or managing position, educators, and health professionals. It is a prerequisite for those who plan to train in transactional analysis.

**Workshop leader: Vicky Blake** *PTSTA, Registered Psychotherapist*

Vicky is a psychotherapist, trainer and supervisor in private practice working with young people, adults, couples and groups. She comes from a background in nursing and education. She is a Provisional Teaching and Supervising Transactional Analyst (PTSTA).